

(TMI Newsletter – October 2014)

TAKING CARE OF BUSINESS!

A Corporate TMI Program

Interview with Designer Andrea Berger

Andrea Berger grew up in Bucharest, Romania. She is retired from a large consumer goods company where she worked for twenty-two years as an Information Technology manager. She earned a Master's degree in Transpersonal Studies from Atlantic University in Virginia Beach, Virginia. Andrea is also the founder and president of the non-profit 501(c)(3) charitable organization Association for Consciousness Evolution, Inc. She is an accredited Monroe Institute Outreach and residential trainer. Since 2010 Andrea has facilitated many TMI programs in Romania and the US. She is a TMI Local Chapter Network Regional Coordinator, serves on the TMI Professional Division Steering Committee, and is a member of TMI's Board of Advisors.

Q: What should our newsletter readers know about the new corporate one-day program you helped TMI create for businesses?

A: It is about helping people who work in stressful and demanding positions to perform their jobs better, work better as team members, while at the same time build in ways to rekindle more fulfilling and meaningful lives.

Q: This class seems a bit different for traditional businesses.

A: Not in this day and age. Most of us have heard about how Silicon Valley companies—Google, Facebook, Microsoft, Apple—and even traditional corporations like IBM, Procter & Gamble, and Hewlett-Packard—most future looking companies around the world—have introduced meditation classes, health centers, exercise programs, yoga classes, and a wide array of ways to help their employees de-stress and realign and recharge. This one-day program gives employees basic tools they can use for the rest of their lives, on their own, to empower their work and themselves. It aims to bring the best of TMI in a comfortable way to the business world.

Q: What is the program about?

A. We will touch on many, many areas but most important among them are the best ways to de-stress and greatly lessen anxiety, and effective ways to balance your life; to learn to find ways to be more effective at work, while rekindling your personal passions and hobbies. So many people work forty-five to eighty hours a week and when they go

home they have only enough energy to collapse with a drink in front of the TV or Internet. This program will help people find their second wind to go jogging or dancing. We will teach people ways to be better employees as well as better family members. We will offer tools for employees to manage their energies. We will offer ways to do more and better at work, then go home, regroup, and be ready to do whatever they want from a daughter's softball game to partying at sixty-five, and still be fresh in the morning.

Q: How will businesses and employees benefit from this program?

A: So, envisioning the possibilities, many employees feel trapped, in a rut, and even burned out. They are not at their best for their company or themselves; certainly seldom for those they most care about. The majority of working people are so consumed by their jobs they are out of shape, in bad health, depressed, on prescription medication, unfulfilled, and feel trapped. This program will say, "wait a second it is not an either-or situation—either do an adequate job at work or be a good family person, a fulfilled person." Rather, it is about choosing both possibilities. You can do a great job, enjoy doing it, and have a great life that feeds your needs and keeps you balanced. This program opens up endless usually unimagined possibilities. People typically do not realize it is their choice to become stressed or anxious, burned out—or not; to waste their energy with no results—or not. And if they become very creative and choose to use the tools we teach efficiently they can regain their strength and youth, their zest for life. This program teaches practical tools people can use day-to-day to achieve this and even more. It teaches how to better deal with stress, anxiety, daily setbacks, disappointments, and frustrations—how to better manage energy. Not only physical energies, but mental and emotional energies. This program allows people to begin living in a dynamic state of being.

Q: Did all these tools come from TMI?

A: Most of them, yes. Some were developed from my years of experience in the business world. Also, this program draws some things from the Institute for the Future in Palo Alto, California. They are forward thinkers who teach, among other things, about the V.U.C.A. world. This basically means we can choose how we confront our daily work and life challenges. We live in a Volatile, Uncertain, Complex and Ambiguous environment. If you work for an international corporation you leave your desk clean, your work done, and you go home to sleep during the night. While you sleep, employees around the world were working. You come in to endless emails, phone messages, and majorly important items, that all must be dealt with quickly and efficiently. The world has changed from thirty years ago. Businesses function around the clock, they never stop, but employees cannot work 24/7. The expectations today are that everyone must be able to manage the unexpected, unpredictable, and usually overwhelming daily demands. People who are

masters of this are those who are masters of the V.U.C.A. world. They have the tools to turn Volatility into Vision, Uncertainty into Uplifting decisions, Complexity into Coping well, and Ambiguity into Action. Instead of reacting in an overwhelmed incapacitated way and wasting energy, saying, “Oh my god! Oh my god! What can we do?” they just breathe deeply, analyze the new situation or challenge, make the best decision, and take decisive action.

Q: You drew on your years as an executive with Procter & Gamble and your experiences as a TMI trainer to help create this program.

A: Yes. I was blessed at Procter & Gamble to have a strong will and lots of creativity to draw on to adapt and succeed. Then, when I became a TMI trainer, I kept thinking the business world so needs these tools TMI offers. So this program will meet the needs in businesses today in a uniquely effective way.

In the program people will learn that they can be positive high energy or positive introspective low energy. Both serve differently. They can choose which energies to activate when they are completely focused on paperwork or when they are making a presentation. We want to be relaxed and productive when we can, and to turn on the high-energy go-getter focus when it is required. We are oscillating creatures. This program teaches how to manage that.

Q: What makes this program different from other business worker programs?

A: It is based on research done over decades at TMI. Robert Monroe insisted that his experiences be researched and documented, proving to him that humans are much more than their physical bodies. He turned his methods into tools to assist people to begin manifesting their larger potential. TMI has seen hundreds of thousands of people's lives improved by the audio technology of Hemi-Sync® and TMI's unique methods and techniques for assisting people to embrace healthier, fuller, more meaningful lives. Now we have boiled down all that knowledge and experience and developed a program to help businesses function at optimal levels with employees who are effective, efficient, and living meaningfully.

Q: How do we best end this interview?

A: We expect this program will be catching on fast and in big demand. We have structured it to fill today's needs for businesses large and small, and their employees. We urge companies to contact TMI when they read this, and to sign up for the first series we are launching in October 2014. The fee for the one-day program is \$300 an employee, but **the first four businesses that sign up pay only \$157 an employee.** We

are confident that this program will so improve worker productivity and life satisfaction that it will pay for itself time and again on many levels.

Corporations and Businesses—Contact TMI Now!

Call: 434-361-1500

Toll Free in the US: 866-881-3440

Fax 434-361-1237

www.monroeinstitute.org

info@monroeinstitute.org